MONROE INSTITUTE

July 2021

Preparing our campus for reopening ... in just 30 days!

We have made many improvements to campus; upgrades for health and safety and some much-needed repairs. Please consider a tax-deductible gift to our reopening fund.

Campus Reopening Fund

Letting Go of Judgement and Finding Your Path

It's natural to want to find your path in life. You may feel lost, while believing everyone else knows where they are headed and what they want to do. Or you may be overwhelmed by an abundance of things you want to experience. The more you become used to being "alone" with yourself in meditation, the more you will feel the connection to your own intuition.

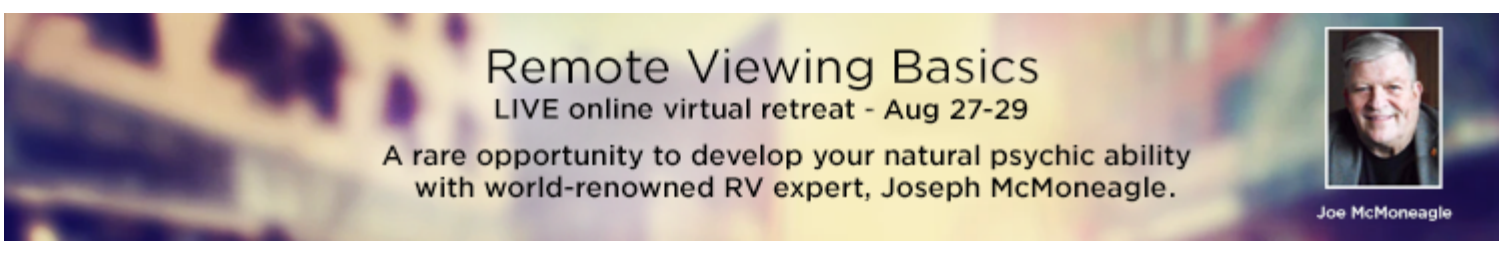
... Some hear a quiet voice. Others just "know" things. Some see scenes play out before them or feel communication as body sensation. All of these are ways you could be receiving information from your guides. Read More

How to Influence Kinetic Energy

Kinetic energy is a term you hear quite a bit in the physics world. In the simplest possible terms, kinetic energy is energy that an object has when it's in motion. When we want something to move, such as when we throw a ball, we transfer our own energy to the ball through force. Once the ball has accelerated and is in motion, it has kinetic energy. To influence kinetic energy, you first have to build energy. ... I've found utilizing breath exercises while meditating to be the most successful for me in my studies.

Read More

OBE SPECTRUM VIRTUAL RETREAT
Explore the out-of-body experience
(OBE) through a spectrum of experiential techniques
for OBE, bi-location and lucid dreaming.
JULY 17-22


Remote Viewing Basics
LIVE online virtual retreat - Aug 27-29
A rare opportunity to develop your natural psychic ability
with world-renowned RV expert, Joseph McMoneagle.
Joe McMoneagle

LIVE discussion on the out-of-body experience

Monroe Institute President and Executive Director Stephen Ng Qui Sang discusses the out-of-body Experience with trainers Luigi Sciambarella and Allyn Evans.

We're here to answer your questions! What is an out-of-body experience (OBE)? What occurs during an OBE? What techniques will you learn in Monroe's OBE Spectrum program? Stephen, Allyn and Luigi share their experiences, give you the inside scoop and answer your questions about the OBE phenomenon!

Watch Now

From the Monroe Institute, a meditation app unlike any you've ever experienced

—relax, de-stress, improve your sleep and rediscover feelings of joy that are buried deep inside.

Expand meditations feature guided imagery and Monroe Sound Science technology using targeted sound-wave patterns to tap into specific areas of your conscious and subconscious minds that can free you from unwanted patterns, stimulate creativity and foster a greater sense of meaning and purpose. Learn More

As a 501(c)(3) tax-exempt organization, the Monroe Institute welcomes your financial contributions to support others in their exploration of consciousness.

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